



Introduction to Healthy Thinking Kids

What is Healthy Thinking Kids?

Healthy Thinking Kids trains and motivates children to develop healthy thinking habits from a young age. Children learn how to handle challenging thoughts common to childhood, such as worry, distraction, and temptation. They learn how to replace such harmful thoughts with healthy thoughts.

Songs, classes, and parent resources train children to:

- Resist and replace "**harmful thoughts**," which are obstacles to God's best
- Keep "**healthy thoughts**," which draw us closer to God's best
- Entrust "**heavy thoughts**," which may be too weighty at the present time

Background of the Healthy Thinking Kids "Battle Song"

I am thankful for [Dr. Mark Crawford's](#) approval to adapt his "Four R's" for Healthy Thinking Kids:

<u>The Four R's:</u>		<u>Healthy Thinking Kids "Battle Song"</u>
1. Recognize	→	Spot it
2. Resist	→	Stop it
3. Replace	→	Put a new thought in its place
4. Redirect	→	Move on in the truth

Healthy Thinking Kids Does Not Replace a Professional

The Healthy Thinking Kids tools are NOT a substitute for professional help.

Questions or Comments?

We welcome your questions or comments at Jenn@HTKids.org

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